

# YMCA Level 2 Award in Community Activation (501/0405/6)

## Qualification Specification





YMCA Awards

112 Great Russell Street  
London  
WC1B 3NQ

020 7343 1800

[www.ymcaawards.co.uk](http://www.ymcaawards.co.uk)

# Level 2 Award in Community Activation

## Qualification Specification

Qualification number: 501/0405/6

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# Introduction

## About YMCA Awards

At YMCA Awards, we are passionate about learner progress. Our qualifications support every learner, whether they are taking their first steps into fitness or simply wishing to boost their skills. Our high-quality resources and assessment materials have been created by leading industry experts in consultation with employers and training providers.

YMCA Awards is an internationally recognised organisation. We are highly respected in health and fitness circles, and most importantly of all we have helped over 200, 000 people launch and advance their careers.

## Qualification overview

This qualification is regulated by:

- Ofqual
- CCEA (Council for Curriculum, Examinations and Assessment)
- QW (Qualification Wales)

### Qualification aim

This qualification is aimed at individuals seeking engaging new ways to encourage communities to participate in physical activity. It seeks to provide learners with the underlying knowledge, skills and understanding required to work with targeted communities and to raise physical-activity levels. It will empower learners to support behaviour change at an individual level, inspiring each member of the community to adopt – and maintain – a more active lifestyle as well as guiding them to further fitness opportunities and support.

### Overview of knowledge, skills and understanding

#### Learners will cover:

- how to profile and establish the needs of a target community
- how to identify opportunities for physical activity within this community
- engaging individuals and groups in physical activity
- coaching and supporting change
- factors affecting health and how these relate to physical activity
- assessing individuals' suitability to participate in physical activity
- preparing, delivering and evaluating physical activity
- leading a physical activity session.

### Target group and age range

This qualification is aimed at a range of learners aged 16+ who wish to become community activators, supporting members of their community in the pursuit of a healthier, more active lifestyle.

## Qualification structure

To achieve the YMCA Level 2 Award in Community Activation, learners must complete 2 mandatory units:

Unit reference number	Unit title	Level	Credit
L/601/9132	Leading Physical Activity	2	2
R/601/9133	Engaging communities in physical activity	2	1

The Total Qualification Time (TQT) for this qualification is 30. The Guided Learning Hours (GLH) assigned are 20 minimum.

## Total Qualification Time (TQT)

This is an estimate of the total amount of time, measured in hours that a learner would reasonably need to be able to show the level of achievement necessary for the award of a qualification.

Total Qualification Time is made up of the following 2 elements:

- (a) the number of hours which an awarding organisation has assigned to a qualification for guided learning (see below), and
- (b) an estimate of the number of hours a learner will reasonably be likely to spend in preparation, study or any other form of participation in education or training, including assessment, which takes place as directed by – but not under the immediate guidance or supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training.

## Guided Learning Hours (GLH)

This is:

- Face-to-face delivery (learning delivered by a lecturer, supervisor, tutor or other appropriate member of the training team)
- eLearning with a lecturer, teacher or tutor present/available in real-time (the co-presence of learner and tutor can be either remote or in the same physical place)
- Invigilated assessment (external tests sat under controlled or open-book conditions)
- Internal assessment carried out by the learner with a lecturer, teacher or tutor present/available in real-time (the co-presence of learner and tutor can be either remote or in the same physical place).

This is **not**:

Unsupervised learning such as:

- eLearning that the learner carries out unsupervised and with no real-time support from a lecturer, teacher or tutor
- Assessment internally carried out by the learner without a lecturer, teacher or tutor present/available in real-time (for example, completing a Learner Assessment Record (LAR) at home)
- Any additional further study, revision and training activities that the learner does unsupervised to support their learning.

### Recommended Guided Learning Hours – our ongoing review

Your External Quality Assurer (EQA) will ask you to feedback on GLH annually as part of their quality assurance visit. You should base your feedback on a typical learner taking this qualification and the time spent on supervised learning (GLH). If you feel the GLH is different from the above and you wish to offer feedback before your next EQA visit, please email us: [awards.products@ymca.co.uk](mailto:awards.products@ymca.co.uk).

## Entry requirements



There are no entry requirements for this qualification.

## Opportunities for progression

Learners may wish to go to study for qualifications in related areas such as:

- Level 2 Certificate in Fitness Instructing
- Level 2 Award in Walk Leading
- Level 2 Award in Nutrition for Healthy Living
- Level 3 Life Coaching
- Apprenticeship in exercise and fitness

## Mapping to standards

The qualification can be linked to National Occupational Standards SKAD42 'Lead an activity within a session' and SKAD62 'Support the development of sport and physical activity in education'.

## Centre approval

This qualification can only be offered by centres approved by YMCA Awards to deliver it. Details of YMCA Awards approvals processes can be found on our website: [www.ymcaawards.co.uk/centres/become-a-ymca-awards-centre](http://www.ymcaawards.co.uk/centres/become-a-ymca-awards-centre).

## Qualification approval

If your centre is already approved, you should only need to complete and submit a qualification approval form to deliver this qualification. However, you may also need to complete an additional staff approval form if the qualification is going to be delivered by staff who are not currently approved by YMCA Awards. Details of additional approvals can be found on our website: [www.ymcaawards.co.uk/approvals](http://www.ymcaawards.co.uk/approvals).

## Tutor, assessor and IQA approval requirements

To make sure you meet the most up-to-date requirements please see the YMCA Awards staff approval requirement document. This can be found on our website: [www.ymcaawards.co.uk/centres/centre-guidance](http://www.ymcaawards.co.uk/centres/centre-guidance).

## Registration

All learners must be registered within the first 10% of the duration of their course (eg, for a course that lasts 10 days, learners should be registered on the first day of their course at the latest). For further details on registration please go to our website: [www.ymcaawards.co.uk/registration](http://www.ymcaawards.co.uk/registration).

## Qualification availability

This qualification is available in:

- England and regulated by Ofqual
- Northern Ireland and regulated by CCEA (Council for Curriculum, Examinations and Assessment).

## Reasonable adjustments and special considerations

In making this qualification available, YMCA Awards has made every attempt to make sure that there are no unnecessary barriers to achievement. You can find full details of our reasonable adjustment and special considerations policy on our website: [www.ymcaawards.co.uk/centres/policies-and-procedures](http://www.ymcaawards.co.uk/centres/policies-and-procedures).

## Enquiries and appeals procedures

YMCA Awards has an appeals procedure in accordance with the regulatory arrangements in the General Conditions of Recognition. Full details of these procedures are available on our website: [www.ymcaawards.co.uk/centres/policies-and-procedures](http://www.ymcaawards.co.uk/centres/policies-and-procedures).

## Assessment and quality assurance

### How the qualification is assessed

Assessment is the process of measuring a learner's skills, knowledge and understanding against the standards set in the qualification.

This qualification is unit-based and each unit contains learning outcomes and assessment criteria. Learning outcomes set out what the learner is expected to know, understand or be able to do as a result of the learning process. Assessment criteria detail the standards a learner is expected to meet and are broken down into what the learner 'can' do as a result of successfully achieving the unit.

The learner can be assessed holistically or individually as long as they show that the learning outcomes have been achieved.

Competency-based learning outcomes (eg, be able to) are typically assessed through direct observation and these will take place in a real work environment. Where a real work environment is not stipulated the observation can be simulated and be internally assessed.

Knowledge-based learning outcomes (eg, know or understand) can be assessed in a number of different ways such as worksheets, projects, professional discussion etc. The assessment method chosen should reflect the content of the unit.

This qualification must be assessed in line with YMCA Awards assessment policies and procedures [www.ymcaawards.co.uk/centres/centre-guidance](http://www.ymcaawards.co.uk/centres/centre-guidance).

The YMCA Level 2 Award in Community Activation is assessed through Internal assessment.

### Internal assessment

YMCA Awards suggest the following approaches to internal assessment:

#### Creating a portfolio of evidence

If a YMCA Awards Learner Assessment Record (LAR) is not used to evidence internal assessment then the learner must create a portfolio of evidence. Centres must work with learners to create this portfolio and need to make sure that the learner's portfolio shows coverage of the learning outcomes and/or assessment criteria where required.

A typical portfolio of evidence could include:

- Evidence index
- Assessor observation – completed observational checklists and related action plans
- Witness testimony
- Candidate's proof of work
- Worksheets
- Assignments/projects/reports/presentations
- Record of professional discussion

- Record of oral and written questioning
- Candidate and peer reports
- Recognition of Prior Learning (RPL).
- Summary of achievement.

Centres need to make sure assessment specifications and paperwork are signed off by the EQA before delivery.

As a guide to selecting appropriate assessment methods see the suggested example in the 'Qualification content' section of this specification.

### External assessment

There is no external assessment for this qualification.

### Assessors

The role of the assessor is to make an informed judgement about the evidence a learner should provide to show they can meet the assessment criteria. For further guidance please see the 'Role of the assessor' document on the website: [www.ymcaawards.co.uk/centres/centre-guidance](http://www.ymcaawards.co.uk/centres/centre-guidance).

### Internal and external quality assurance

The role of the Internal Quality Assurer (IQA) is to make an informed judgement(s) regarding the practice of and decisions made by the assessment team to maintain standards. They are a vital link between the assessors and the External Quality Assurer (EQA). For further information on the role of the IQA and the EQA go to the website: [www.ymcaawards.co.uk/centres/centre-guidance](http://www.ymcaawards.co.uk/centres/centre-guidance).

## Qualification content

### Unit specifications and recommended assessment methods

# Leading Physical Activity (L/601/9132)

## Unit aim

To provide learners with the integral knowledge and skills needed to motivate individuals within any community to participate in physical activity. The unit seeks to develop skills and understanding, enabling learners to work with the target community to raise physical activity levels. It will empower learners to support behaviour change at an individual level, inspiring each member of the community to adopt – and maintain – a more active lifestyle as well as guiding them to further fitness opportunities and support.

## Unit content

The learner will:

### 1. Understand health and its relation to physical activity

The learner can:

#### 1.1 Define health

#### 1.2 Identify the factors affecting health:

- a. Age
- b. Gender
- c. Post code
- d. Environment
- e. Lifestyle

#### 1.3 Define physical activity in relation to:

- a. Health-related exercise
- b. Community sport
- c. Activities of daily living

#### 1.4 Describe the benefits of physical activity

The learner will:

### 2. Understand how to assess an individual's suitability to participate in physical activity

The learner can:

#### 2.1 Identify an appropriate method of screening

#### 2.2 Identify the importance of obtaining an individual's consent to participate

#### 2.3 Identify factors affecting an individual's ability to participate in physical activity

#### 2.4 Identify how to signpost an individual to an alternative activity / agency if the individual is unable to participate

#### 2.5 Describe how to record relevant data

The learner will:

### 3. Prepare to deliver physical activity

The learner can:

3.1 Identify possible hazards in the physical activity environment

3.2 Prepare the environment for a physical activity session

3.3 Prepare any equipment required for the session

The learner will:

### 4. Lead a physical activity session

The learner can:

4.1 Follow a structure for a physical activity session

4.2 Deliver a safe and effective session according to a prescribed structure:

- warm up
- main activity
- cool down

4.3 Manage the activity

4.4 Demonstrate the leadership skills necessary to deliver a safe and effective session

The learner will:

### 5. Evaluate the physical activity session

The learner can:

5.1 Gain feedback from participants

5.2 Reflect on lessons learnt

5.3 Make any modifications / developments for future sessions

#### Assessment Specification

- Worksheet
- Observation of leading physical activity

# Engaging communities in physical activity (R/601/9133)

## Unit aim

To provide learners with the underpinning knowledge and skills to understand engaging communities to participate in physical activity. The unit seeks to develop skills and understanding, enabling learners to work with the target community to raise physical activity levels. It will empower learners to support behaviour change at an individual level in the adoption and maintenance of a more active lifestyle as well as signposting individuals to further opportunities and support.

## Unit content

The learner will:

### 1. Understand the profile of their community in relation to physical activity for health

The learner can:

1.1 Describe the features of their role when working with communities

1.2 Describe the profile of their community

1.3 Identify opportunities for participation in physical activity within their community

The learner will:

### 2. Understand how to establish the needs of a target community

The learner can:

2.1 Identify needs of a target community

2.2 Prioritise needs of a target community

2.3 Record information in an appropriate manner

The learner will:

### 3. Understand the opportunities for physical activity in their community

The learner can:

3.1 Identify funding opportunities for physical activity in their community

3.2 Identify potential partners for the delivery of physical activity

3.3 Describe how to seek data/feedback to inform changes to physical activity sessions

3.4 Describe how to 'signpost' individuals who wish to participate in physical activity to related:

- Organisations
- Activities
- New opportunities

### 3.5 Describe the barriers and motivations to participation in regular physical activity

The learner will:

#### 4. Know the methods required to engage individuals and groups in physical activity

The learner can:

##### 4.1 Describe the skills required to engage individuals

##### 4.2 Describe the skills required to engage groups

##### 4.3 Describe a range of social marketing methods

The learner will:

#### 5. Know how to coach and support change

The learner can:

##### 5.1 Use practical approaches to support change

##### 5.2 Identify appropriate practical approaches for behaviour change in a community setting

#### Assessment Specification

- Worksheet
- Observation of interview







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*YMCA Awards is one of the UK's leading health, fitness and wellbeing specific awarding organisations. It offers training centres and learners across the world a diverse suite of qualifications, from introductory (Level 1) to advanced levels (Level 4).*

*YMCA Awards issues over 30,500 qualification certificates a year, helping learners in the UK and overseas to launch and progress their careers in the active leisure sector.*

*To view YMCA Awards' full range of qualifications please visit  
[www.ymcaawards.co.uk](http://www.ymcaawards.co.uk).*

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112 Great Russell Street, London, WC1B 3NQ | T +44 (0)20 7343 1800 | F +44 (0)84 3221 1549 |  
E [awards.info@ymca.co.uk](mailto:awards.info@ymca.co.uk) | W [ymcaawards.co.uk](http://ymcaawards.co.uk)

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